

We hope everyone here in Euroa is enjoying the new turn in weather as we head into spring! Many of you may have noticed Dr Kelly started back last month and will be with us through the end of September at which time Dr Altson will be returning until the end of November (Please see the inside of this newsletter for a full rundown of Dr Altson's and Dr Kelly's new rotation schedule). You may have also noticed a few new faces around Euroa Medical lately, Emma Coutts our new Receptionist joined us last month. We would like to welcome Emma to Euroa and hope that she enjoys working with the Euroa Medical Team! Nikki Jones our newest Dietician has also begun seeing patients. Nikki will be working every Thursday here at Euroa Medical, so please help us give a warm welcome to her as well.

Euroa Medical is also excited to announce our new Anywhere Healthcare services. Anywhere Healthcare is a great way to take advantage of our telehealth service here at Euroa Medical. It offers a convenient away for patients to see specialist in the comfort of our rooms here at the surgery without having to travel long distances to see a specialist. Specialist taking part in this new service include the following: Allergy & Immunology, Dermatology, Endocrinology including Type 1 & 2 diabetes, Fertility, General medicine, Geriatrics including dementia, Neurology including Parkinson's disease & epilepsy, Oncology & Haematology including pain management & palliative care, Ophthalmology including general eye health & vision loss, Paediatrics including children's health issues such as asthma and behavioural problems, Psychiatry – panel of specialists consulting across a wide range of mental health disorders, Psychogeriatric with a focus on psychiatric disorders for the elderly, including dementia

We would also like to remind our patients about Euroa Medical's new online appointment booking system. This service enables you to make appointments with our GP Doctors through our website at www.emfp.com.au this is a great new feature allowing patients to view at a glance what doctors are available for appointments and at what times, then book directly through the website. We also have a free Euroa Medical App for our smart phone users which is extremely user friendly and a great way to make appointment on the go directly from your phone.

Euroa Medical is also excited to announce the start of our new LIFE! Diabetes and Heart Disease Prevention Program. Daniel Thomson our Dietician will be running this new program which is a free service offered to patients. The program will consist of group 4 sessions (held fortnightly) covering topics such as diet, physical activity, health behaviours and confidence. Please speak to your GP or one of our Practice Nurses for more information.

And lastly, we would also like to remind patients of our Chronic Disease Management and Prevention Plans. Care Plan appointment can help identify, manage and help in the prevention of chronic health care needs. It also means that if needed your doctor is able to refer you to other health professionals who can provide treatment or services to you such as Podiatry, Physiotherapy or a Dietician. We would also like to encourage all of our patients over the age of 75 to have an Annual Health Assessment to assist in the recognition of any of your healthcare needs. If you already currently see our nurses for Care Plans please ensure that you are attending your 6 monthly appointments or rebooking if you are unable to attend.

Medicare will pay \$1,000 per child over 2 consecutive calendar years. You must fit the required criteria to be eligible under the scheme.
Practice Doctors
A child or teenager's eligibility is assessed at the beginning of each calendar year and is valid for the whole of that calendar year.
Dr Malcolm Affron MBBS, Dip. Paediatrics, FRACOG, FRACP
To be eligible a child must be:

- 1. Aged between 2 and 17 for at least 1 day of the calendar year
- 2. Eligible for Medicare and for at least 1 day of the calendar year
- 3. Family Tax Benefit Part A (Lond), FRACRRM – Parenting payment or

Dr Jimmy Huang MBBS Double Orphan Pension
If you do not use all of your \$1,000 benefit in the first year of eligibility, you can use it in the second year if you are still eligible. Any remaining balance will not be carried forward at the end of the second year.

Our very own Dentist – Dr Allen Aylett is more than happy to see all our patients who qualify under the scheme.
Dr Aylett is available 3 days per week with appointments available before and after school and all throughout the School Holidays.

Dr Fatima Khan MBBS Benefits will cover a range of services including examinations, x-rays, cleaning, fissure sealing, fillings, root canals and extractions.
Dr Pilate Ntsuke MBBS Benefits are not available for orthodontic or cosmetic dental work and cannot be paid for any services provided in a hospital.

Dr Mohd Awang (Shah) MBBS It is just so important that as many people as possible take the opportunity that the Government has given to those who are eligible. This is a massive step forward to allow Australian children to get a good start to achieving the best oral and dental health possible.

Practice Staff
Business Managers
Nicola King Please consider taking up the offer and make an appointment to see Dr Aylett.
King More information is available at www.humanservices.gov.au

Office Manager
Julie McMillan

Practice Nurses
Maree Beadle, Ros Doxey,
Pam Walker, Jan Sheargold &
Breanna Mackrell

Nurses
Margaret Kerlin, Vanessa
Williams, Carol Pratt, Leah
Wy

Reception
Kate Williams, Joanne
Woodcock, Leah Ford,
Jasmin Robison, Nicole Saker,
Emma Coutts

Your Suggestions are Important to

Your suggestions are important to use here at Euroa Medical and we would like to encourage you to be found in the waiting area. We would like to take the opportunity in our Newsletters to address for us.

Some patients have expressed that after hours emergencies often mean long distances to travel.

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The Barefoot Dietician

"I know what I have to do, I just have to do it"

Somewhere along the way, simply knowing what we ought to do/eat, does not necessarily translate into at least not one that lasts the distance anyway.

So why is behaviour change so difficult when it comes to eating and exercise? And what can we do to encourage eating/exercise behaviour change?

1. Ensuring a solid structure around you.

Structures are the people who surround you- your partner, your friends, your kids, your dog! 'Signing up' to a diet where you eat better and move more is essential- could your partner also use a change in their eating patterns? Could you go for a walk or join the gym together? Could your kids help you cook some nights? Would your dog like a walk? The more solid the structure, the greater chance you have of making sustainable health change.

2. Slow down and fully enjoy your food.

Try to ensure that you involve every sense in enjoying your food and drink each day. Food portions have increased over decades and a quicker eating speed (which bypasses one's normal 'fullness' cues) is arguably a big reason for this. Eating slowly may mean that you truly *experience* your food without having to eat great portions.

3. Understanding planned lapses/ unplanned lapses.

A planned lapse is a scheduled time where you plan to stray from your normal healthy eating habits. These are very normal and important in sustainable health change. An unplanned lapse is quite the opposite- it is the one-beer-turned-20 or that well-intended dine out meal which turned into a deep fried grease-bowl. These unplanned lapses often dent the confidence with the planned ones. They are a normal and natural occurrence. The secret is scheduling in your planned lapses, not too often, and minimising the chances of an unplanned lapse. Knowing your own triggers is essential for this.

4. Understanding that your eating is merely a continuous improvement project.

If you can improve one aspect of your eating each month, you are doing well. This could be ensuring that you eat 2 pieces of fruit daily, or increase your 'incidental' physical activity (eg walking up stairs), or limiting the amount of refined carbohydrates in your diet. With each attempt at changing one's eating behaviour, you are one step closer to making that behaviour 'stick' - especially if you have a supportive team around you- see number 1 above.

5. See your local APD for assistance with your behaviour change.

Very few people eat 'perfectly', and what is the 'perfect diet' anyway? With the difficulties in establishing cause-and-effect in nutrition studies, the best 'diet' for each individual often depends on a multitude of factors including medical history, blood tests, social history and lifestyle. Each one of these factors is carefully considered during assessment by an Accredited Practising Dietitian to form a sustainable eating plan taking into account best available nutrition knowledge.



2 tablespoons sunflower seeds (optional)
1/2 teaspoon cinnamon (optional)
Generous pinch nutmeg (optional)

Cooking method

Core and thinly slice the apples or pears.
Put about 1/4 cup water in the base of the bowl.
Cover the thinly sliced fruit to cover the bottom of the bowl.
Melt the margarine in a pan and then add the sunflower seeds, cinnamon and nutmeg.
Mix ingredients over low heat with a spoon until thoroughly combined.
Spread the oat mixture over the slice of fruit.
Bake in a slow oven (160°C) for about 30 minutes.
Serve with a drizzle of honey on top.

Note: This recipe is a good way to use any leftover fruit at the end of the week. You can even use frozen fruit. If you prefer the apples to be softer, cover with a lid or cooking foil while baking and then remove the lid and turn up the oven heat to brown the oats. Serving option (includes dairy and nuts): serve with a dollop of yogurt and a drizzle of honey and chopped almonds on top.

Word Search

E L C S U M N I K S G H D C N
F Y V K I D N E Y A E E G K E
T G L E N R S L L Y N A N O R
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TENDON LIVER
ANEMIA HEART

ABDOMEN
ARTERY

CEREBRUM
GALLBLADDER